Heart Rate Kit Installation Instructions:
E316/VX-2 & E520/VX-3

This kit includes the following parts:
- HR Receiver 5.0KHz
- Long Lead
- Cable ties and mounts (3x)
- Adhesive Backing (Spare)

	1A. After confirming all parts are present. Attach long lead at the front of the rower as shown for E316/VX-2
	1B. After confirming all parts are present. Attach long lead under the Footplate as shown for E520/ VX-3
	2.1. Run the long lead under the Footplate and along the left Seat Rail. Mount the Receiver at this location, approximately 1/3rd of the way back from the front of the left Seat Rail. 2.2. Attach the Receiver as shown. Note: The Receiver must be mounting exactly as shown for maximum range!
 	3. Fit cable tie mounts and tie off cable . The excess lead can be stored under the Perspex cover. Note: Don't affix permanently until signal in this location is tested. Mount the Receiver securely once ideal reception location has been established. Trim excess cable ties.

To display heart rate requires a First Degree Fitness long range strap (sold separately) Polar ™ or other compatible brand chest strap transmitter available from your dealer.

Notes: Maintaining a consistent signal on a rower can be a challenge due to the varying distances experienced during the rowing stroke between the Receiver/Transmitter.

If you are experiencing difficulty, make sure the batteries on your chest belt or other device are fresh, and that the frequency of your transmitter is 5KHz.

Environmental conditions, as well as proximity to other machines can also interfere with a heart rate signal. Feel free to experiment with different locations for best performance.

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Heart Rate Kit Installation Instructions:
VX-1 & PRO

This kit includes the following parts:
- HR Receiver 5.0KHz
- Long Lead
- Cable ties and mounts (3x)
- Adhesive Backing (Spare)

	1. After confirming all parts are present. Run the wire under the tank. Attach long lead at the front of the rower as shown
	2. Once wiring is complete, find the location for the HR Receiver, which ideally will be (approx) halfway down the length of the Seat Rail. 3. Use the cable ties and mounts to secure the wiring tightly in your selected location once best signal has been established.
	4. The excess lead can be stored under the Perspex cover. Note: Don't affix permanently until signal in this location is tested. Mount the Receiver securely once ideal reception location has been established. Trim excess.

To display heart rate requires a First Degree Fitness long range strap (sold separately) Polar ™ or other compatible brand chest strap transmitter available from your dealer.

Notes: Maintaining a consistent signal on a rower can be a challenge due to the varying distances experienced during the rowing stroke between the Receiver/Transmitter.

If you are experiencing difficulty, make sure the batteries on your chest belt or other device are fresh, and that the frequency of your transmitter is 5KHz.

Environmental conditions, as well as proximity to other machines can also interfere with a heart rate signal. Feel free to experiment with different locations for best performance.

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Heart Rate Kit Installation Instructions:
E216

Kit includes the following parts:
- HR Receiver 5.0KHz
- Long Lead
- Cable ties and mounts (3x)
- Adhesive Backing (Spare)

	1. After confirming all parts are present. Stand the rower into the vertical position and attach the long lead at the front of the rower as shown.
	2. Once wiring is complete, find a location to place the HR Receiver, which ideally will be in front of the bump stop on the Seat Rail. 3. Use the cable ties and mounts to secure the wire tightly in your selected location once best signal has been established.
 	4. The excess lead can be stored under the Perspex cover. Note: Don't affix permanently until signal in this location is tested. Mount the Receiver securely once ideal reception location has been established. Trim excess.

To display heart rate requires a First Degree Fitness long range strap (sold separately) Polar ™ or other compatible brand chest strap transmitter available from your dealer.

Notes: Maintaining a consistent signal on a rower can be a challenge due to the varying distances experienced during the rowing stroke between the Receiver/Transmitter.

If you are experiencing difficulty, make sure the batteries on your chest belt or other device are fresh, and that the frequency of your transmitter is 5KHz.

Environmental conditions, as well as proximity to other machines can also interfere with a heart rate signal. Feel free to experiment with different locations for best performance.

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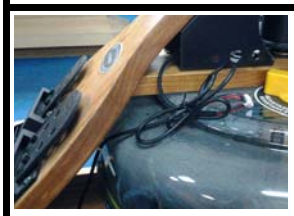
Heart Rate Kit Installation Instructions:
Viking 2 AR & PRO / Apollo & PRO

Kit includes the following parts:
- HR Receiver 5.0KHz
- Long Lead
- Cable ties and mounts (3x)
- Adhesive Backing (Spare)

	1. After confirming all parts are present. Find the flying lead on the main frame of the rower just behind the foot-rest and attach the long lead.
	2. Run the wire under the foot-rest and then attach the HR Receiver to the other end.
	3. Once wiring is complete, find a location to place the HR Receiver, which ideally will be halfway down the length of the side rail. Note: Don't affix permanently until signal In this location is tested. Mount the Receiver low enough to avoid the lower Seat Rollers.
 	4. Use the cable ties and mounts to secure the wiring out of the way of any moving parts. Trim excess.
	Note: You will have an excess of wire which you can tuck out of the way behind the metal frame bracket as shown.

To display heart rate requires a First Degree Fitness long range strap (sold separately) Polar ™ or other compatible brand chest strap transmitter available from your dealer.

Notes: Maintaining a consistent signal on a rower can be a challenge due to the varying distances experienced during the rowing stroke between the Receiver/Transmitter.

If you are experiencing difficulty, make sure the batteries on your chest belt or other device are fresh, and that the frequency of your transmitter is 5KHz.

Environmental conditions, as well as proximity to other machines can also interfere with a heart rate signal. Feel free to experiment with different locations for best performance.

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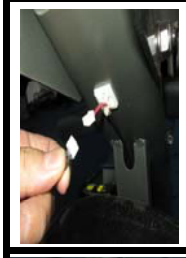
Heart Rate Kit Installation Instructions:
Trident AR Rower

Kit includes the following parts:
- HR Receiver 5.0KHz
- Long Lead
- Cable ties and mounts (3x)
- Adhesive Backing (Spare)



1. After confirming all parts are present. Stand the rower upright and find the flying lead on the Mainframe of the rower just under the rear of the rower frame as shown. Attach the long lead and then run the wire underneath the Seat Rail. Attach the Receiver to the lead.

2. Once wiring is complete, find a location to place the HR Receiver, which ideally will be (approx) halfway down the length of the Seat Rail.

3. Use the cable ties and mounts to secure the wire tightly in your selected location once best signal has been established.

Note: Don't affix permanently until signal in this location is tested. Mount the Receiver securely once ideal reception location has been established. Trim excess.

4. Tuck excess wire behind frame or inside seat rail as shown.

Note: This is the best location for a consistent signal on the Trident rower. However, use care during assembly to avoid damage from the Seat Wheels or other moving parts. Secure wires and receiver tightly.

To display heart rate requires a First Degree Fitness long range strap (sold separately) Polar ™ or other compatible brand chest strap transmitter available from your dealer.

Notes: Maintaining a consistent signal on a rower can be a challenge due to the varying distances experienced during the rowing stroke between the Receiver/Transmitter.

If you are experiencing difficulty, make sure the batteries on your chest belt or other device are fresh, and that the frequency of your transmitter is 5KHz.

Environmental conditions, as well as proximity to other machines can also interfere with a heart rate signal. Feel free to experiment with different locations for best performance.

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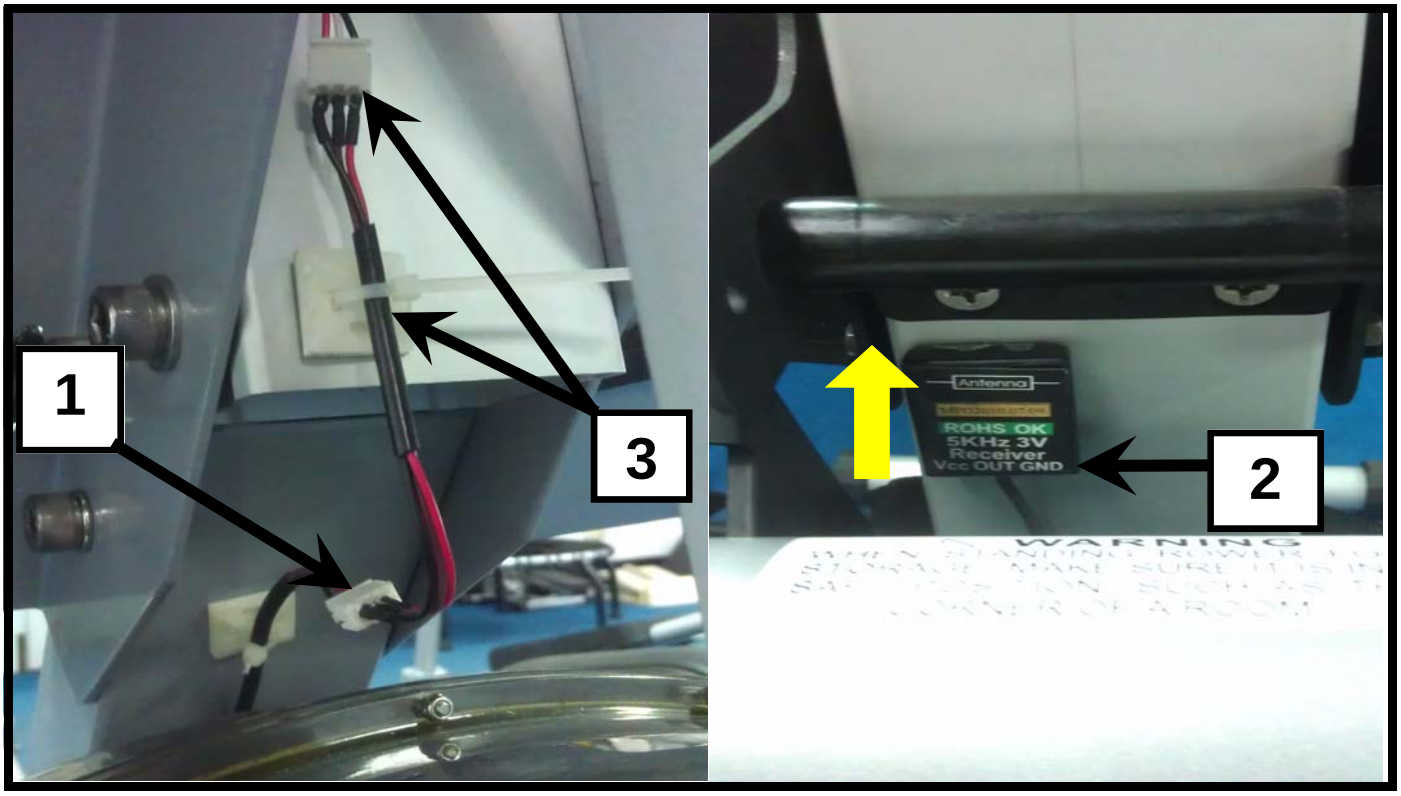
Heart Rate Kit Installation Instructions:
Pacific / Newport AR Rower

Kit includes the following parts:
- HR Receiver 5.0KHz
- Short connecting cable
- Cable tie and mount (1x)



1	After confirming all parts are present, Stand the Pacific Rower into the vertical position and attach the connecting lead to the frame as shown.
2	Mount the Receiver exactly as shown
3	Connect the Receiver lead to the connecting lead and secure wire into position using the cable tie. Note: Don't affix permanently until signal in this location is tested. Mount the Receiver low enough to avoid the lower Seat Rollers. Trim excess.

To display heart rate requires a First Degree Fitness long range strap (sold separately) Polar ™ or other compatible brand chest strap transmitter available from your dealer.

Notes: Maintaining a consistent signal on a rower can be a challenge due to the varying distances experienced during the rowing stroke between the Receiver/Transmitter.

If you are experiencing difficulty, make sure the batteries on your chest belt or other device are fresh, and that the frequency of your transmitter is 5KHz.

Environmental conditions, as well as proximity to other machines can also interfere with a heart rate signal. Feel free to experiment with different locations for best performance.

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